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HEALTH & WELLNESS



# good grief

WITH CHERYL ESPINOSA-JONES



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**February 13th 2019: A Chance to Say Goodbye**

There are few things like losing a parent, even at an older age, suited to generating an inner discussion of loss and mortality. What makes for a good death? How can we contribute to everyone involved feeling good about our death? What are mourners left with when things go wrong or badly? After the death of Lisa Shultz' father, she became immersed in these questions and ultimately wrote a book full of her feelings, thoughts and research on the end of life, including her experience with her own father. Join us to explore what this loss taught her and how she has shared her grief since.

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Wednesday at 2 PM Pacific  
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and Wellness Channel

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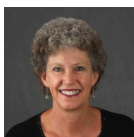
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## Featured Guest



### Lisa Shultz

Lisa J. Shultz is an award winning author. In 2015, Lisa's father died at the age of 89. Following his death, she felt unsettled and incomplete. The experience had been fraught with unnecessary suffering for all involved.

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